



4 The Rippling Effects of Suffering

List three other places in your life where optional suffering is likely negatively affecting your happiness and joy...

1. _____ 2. _____ 3. _____

NEXT
How to stop
resistance



Circumstance

Identify an irritating circumstance...

- Sitting in traffic
- Visiting the dentist
- Other _____
- Feeling ill
- Missing a flight



Resistance

Describe the mind's resistance in the form of its "story of should"...

This is the
OPTIONAL
SUFFERING



Experience #1

Describe the experience when seen *from the perspective of* the mind's "story of should"...

This is the
MANDATORY
PAIN



Experience #2

Describe the experience when you "Give Permission" to *interrupt the mind's "story of should"*...

Which
experience
would you
rather have?

